

WHAT TO DO IF YOU TURN UP THE HEAT IN YOUR RELATIONSHIP



Notice the signs that you are feeling hurt, unloved, unseen



Before blaming your partner, listen to your protest



Be aware of the meaning you are making



Remember that big signals can push the other away



Take some time to regulate & listen to your emotions



Organise your thoughts - what hurts? what do you need?



Come back to your partner & share vulnerably



Be open to hearing their perspective & compromising